

# **PSi** Physiotherapy & Sports Injury Centre

@Vivacity Premier Fitness

10 % off all treatments with a Vivacity Premier Fitness membership!

Book your treatment on 01733 864 744.

Welcome to the Physiotherapy & Sports Injury Clinic... a comprehensive range of treatments to help with any health concern. With expert assessments and advice, you can get effective treatment at the in-house clinic.

## Physiotherapy & Musculoskeletal Assessments

Help is at hand if you suffer from general aches, pains or stiffness in your muscles and joints. The clinic can also help with rehabilitation if you have undergone a recent operation or injury.

**Initial assessments** £45

**Follow up appointments** £35

**Sports massage** (30 mins) £30 (60 mins) £40

**1 hour supervised gym rehabilitation session** £40

## Sports Physician with Sports Health Checks & Treatments

For treatment of sports injuries the clinic offers sports massage, electrotherapy treatment and spinal manipulation. The clinic can run respiratory and cardiovascular tests, blood pressure and BMI checks. Advice and treatment is also available on injection therapy, pre-competition preparation and footwear advice.

**Initial assessment** £45

**Follow up appointments** £35

**Doctors treatments may incur an additional cost but this will be explained fully prior to treatment.**

## Podiatry, Chiropody & Orthotics

The clinic specialises in gait analysis, biomechanical, vascular, neurological assessments, diabetic foot care, nail surgery and lower-limb rehabilitation.

**Biomechanical assessment including gait analysis** £45

**Chiropody initial assessment** £35

**Follow up biomechanical appointments** £35

**Follow up chiropody appointments** £35

**We are able to cast and supply custom and semi-custom orthotics at an additional cost.**

## Dietetics, Sports Nutrition & Acupuncture

The clinic can do an analysis of your diet, body composition and energy balance to for optimum performance and health. We also offer acupuncture treatments which can offer relief and help manage a wide range of conditions.

**Comprehensive one-to-one consultation including a 7 day in depth diet analysis prior to consultation** £65

**Basic consultation instant advice without dietary analysis** £35

**Follow up consultation** £35

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